

The Kewaunee County Public Health Connection

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8 Tips for a Healthy Holiday



The holidays are full of events to spend time with family and friends. Most often, these events are loaded with delicious foods like pies, cookies, cheeses, meats, and many others. Eating large amounts of extra food can lead to overeating and therefore weight gain. Use these tips this holiday season to eat mindfully and maintain your weight.

1. Slow down at meals
 1. Set your fork down between bites
2. Listen to what your body is telling you
 1. We often ignore fullness cues in these situations.
3. Create new habits or traditions
 1. Go for a family walk or make a healthier dish
4. Don't drink your calories
 1. Drinks like flavored coffees, alcoholic beverages, and hot chocolate can add a lot of unneeded calories
5. Get away from the table- socialize elsewhere.
6. Eat something healthy before you go to a function where food will be present
7. Start with a small portion
 1. Use a smaller plate like a dessert plate
8. Take small bites



What is the Difference between a Dietitian and a Nutritionist?

Although many do not know it, there is a large difference between a Registered Dietitian and a Nutritionist. Did you know anyone can call themselves a nutritionist even with no formal training, license, or certification? That's right! On the other hand, Registered Dietitians, those with RD or RDN credentials after their name, have a minimum of a four year degree from an accredited university, have completed a 1,200 hour supervised hands-on internship, have passed a national examination AND must complete continuing education requirements every five years. With many nutrition enthusiasts in the world and a plethora of readily available information, it is important to know where your nutrition information is coming from and that it is from a credible source. Nutrition is a specialized science so next time you come across nutrition information, make sure you trust the source and the qualifications of the person providing it.

Infant Safe Sleep



Baby sleeps safest alone, on their back, in a crib.

Nut Eaters Beware!

Nuts are a popular food item around the holidays and for a great reason, they are delicious! Nuts are also extremely nutritious since they are high in monounsaturated fat and fiber, both which can reduce risk of heart disease. On the other hand, it is important to beware of how much you are eating as nuts are a high calorie food. A single serving of nuts is only **about ¼ of a cup or a small handful**. Most of us eat much more than that in one sitting! Make sure to portion out your nuts to maintain your weight this holiday season. How many nuts should I have?

One serving is approximately:

- 20 almonds
- 15 cashews
- 20 hazelnuts
- 15 macadamias
- 15 pecans
- 20 pine nuts
- 30 pistachio kernels
- 9 walnut kernels
- a small handful of mixed nuts



Books Build Brains



Reading to your kids is great for bonding and building a relationship with your child but this simple task has many other benefits as well. Reading to your kids supports their brain development and function by strengthening the part of the brain associated with imagination, story comprehension, and meaning. Kids that are read to daily also have improved language and social skills that can help them as they start school and learning language on their own. If you don't already, try reading to your kids at least 3 times a week.



Winter Activities for the Family

- Rent snow shoes from Winter park and explore local parks and trails
- Make snow forts
- Build a snowman
- Feed the birds
- Go ice skating at Hany park
- Go sledding or tubing at Winter Park
- Go on a winter scavenger hunt. See below!



Outdoor Winter Scavenger Hunt

How many items can you find?

 Bird	 Animal Tracks	 Pinecone	 Rabbit
 Something you only see in Winter	 Hat	 Evergreen Branch	 Brown Leaf
 Smoke from a chimney	 Bare Tree	 Snowman	 Red Berries
 Snow	 Boots	 The Sun	 Mittens